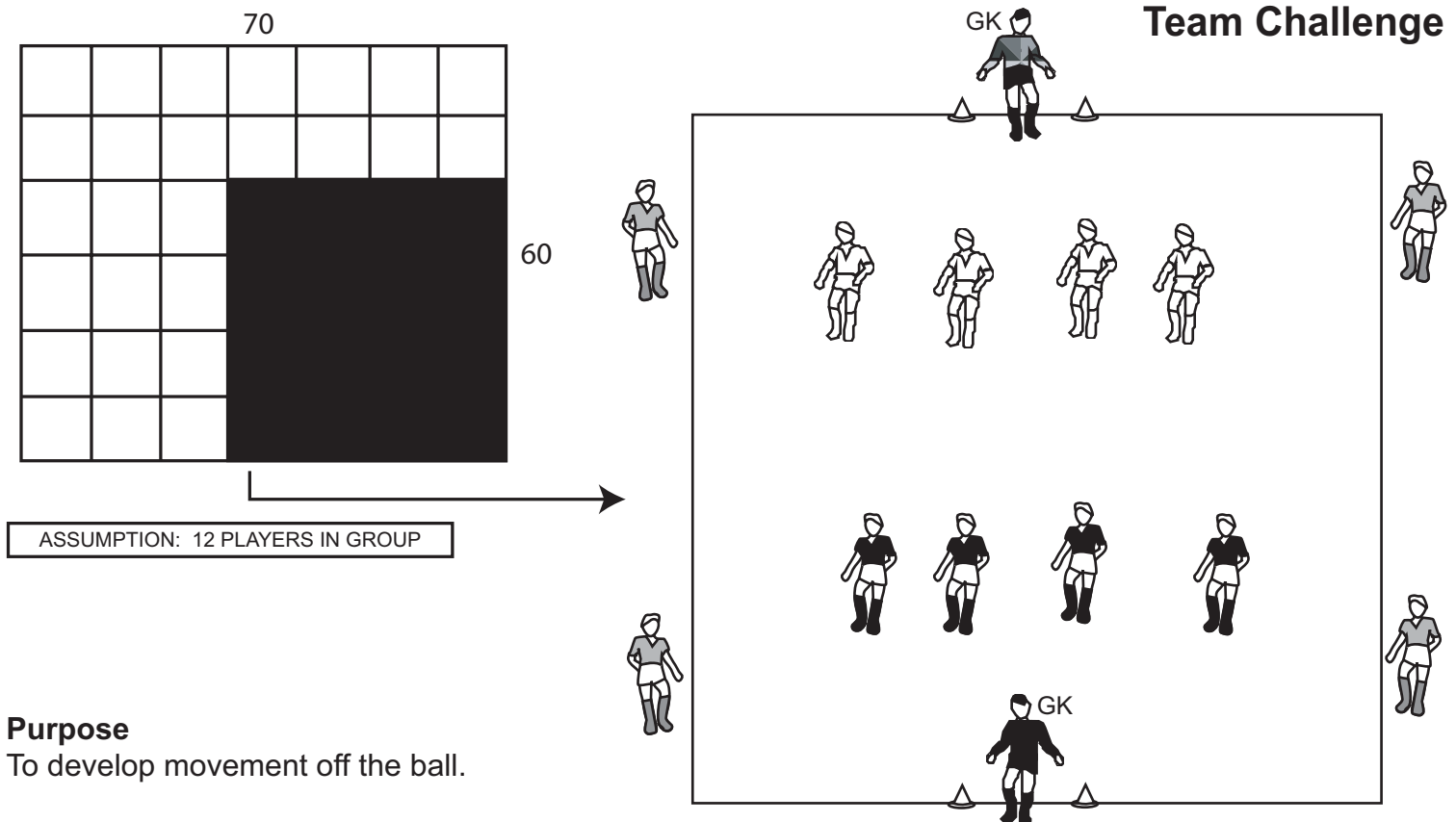


Movement Off The Ball



Purpose

To develop movement off the ball.

Organization

Set out a 40x40 area. Station two teams of four inside the area and another team of four on the perimeter as shown in the diagram above, with goalkeepers in the two goals.

Game Objective

Team 1 starts with the ball and tries to score against team 2. Both teams are allowed to pass to the neutral team on the outside in order to retain possession. All players in the center must be moving when they receive the ball otherwise the opposition takes an indirect free kick. The first team to score moves to the outside and the neutral team comes into the middle. The first team to score five goals is the winner.

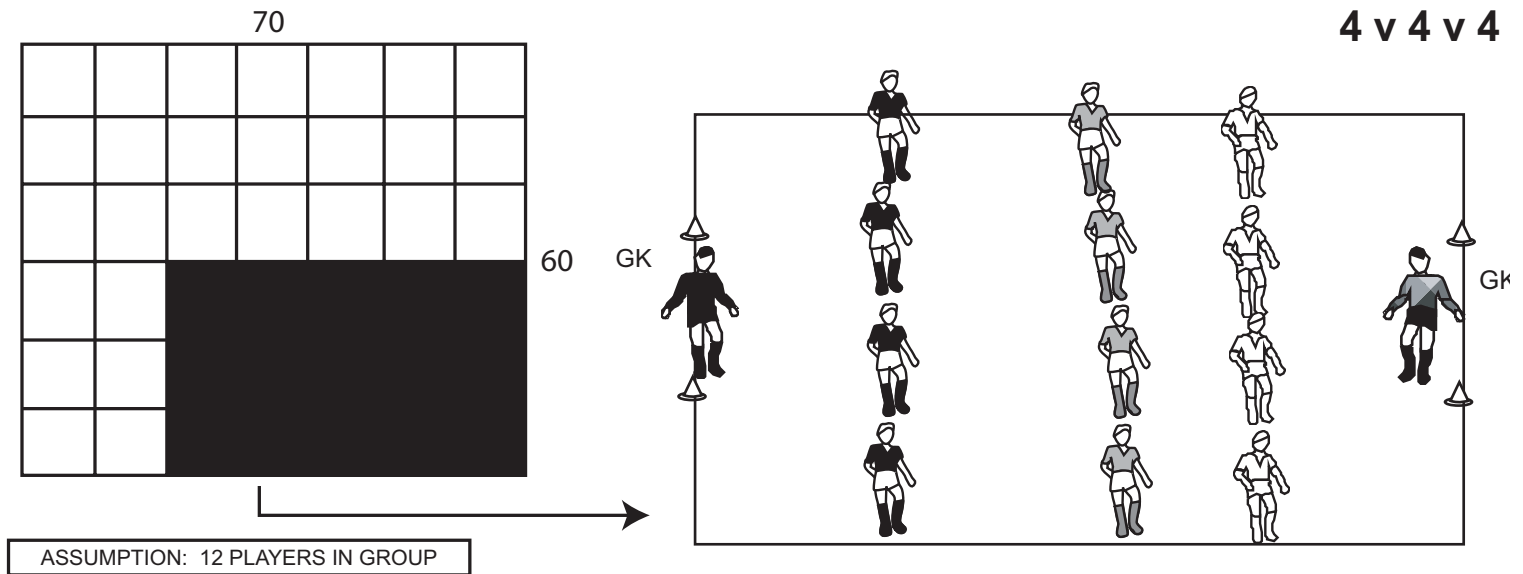
Progressions

1. Goals scored as a result of an overlapping run, blind side run or a cross over run, are worth double.

Key Coaching Points

1. Players should never be static. If not directly involved, try to think one or two passes ahead in your movement.
2. Look to isolate defenders and create numbers up situations whenever possible.
3. Be creative and vary the types of movement you use.

Passing & Support



Purpose

To develop swift transitional play.

Organization

Set out a 50x30 area. Station three teams of four inside the area as shown in the diagram above, with two goalkeepers positioned in the goals.

Game Objective

Team 1 in the middle starts with the ball and attacks the top goal. Whether they lose possession or score. The team 2 then attacks team 3 at the bottom goal, with team 1 remaining at the top. The game continues in this manner and the first team to score five goals is the winner.

Progressions

1. Teams have a 20 second time limit to score.
2. Players are restricted to two touches.

Key Coaching Points

1. One possession is regained, look to get forward as quickly as possible.
2. Run with the ball if you have space, pass or shoot if you don't.
3. Look to create numbers up situations whenever possible in attack.